

# PRESIDENT'S CHALLENGE AWARDS



**The President's Council on Physical Fitness and Sports** recognizes and encourages physical accomplishments through the **President's Challenge**. Once designed as a conditioning program for the youth under the age of 18, the **Challenge** now applies to all ages and fitness levels. In previous units we discussed one of the programs, the **Presidential Physical Fitness Program**. In this unit we will look at the remaining three programs.

We will look at each of the three programs and see how you can continue the **President's Challenge** even after you have completed this course. Hopefully, the concepts you have learned in this course will continue throughout your life. It will help you have a happy, healthy, and more productive life. If you stick with it, you will see for yourself!

Throughout the past years many Presidents have had a hand in the program's three name changes and numerous physical activity and fitness objectives. Remember, it is not a requirement to achieve one of these awards for this course. However, if you wish to learn more about some of the **President's Challenge Awards**, just go online to [www.presidentschallenge.org](http://www.presidentschallenge.org).

## The Four Program Areas

### I. Presidential Active Lifestyle Award

- Established in 2001
- Adults – Be active 30 minutes a day, five days a week, for six weeks.
- Youth under 18 – Be active at least 60 minutes a day, five days a week, for six weeks.

### II. Presidential Champions Program

- Established in 2003
- Gold — 80,000 points
- Silver — 45,000 points

- Bronze — 20,000 points

### III. Presidential Physical Fitness Award (addressed in previous units)

- Presidential — established in 1966
- National — established in 1987
- Participant — established in 1991

### IV. Health Fitness Award

- Established in 1966
- Rewards are based on achieving healthy levels of physical fitness.
- Based on health-criterion standards

## Presidential Active Lifestyle Award

- Established in 2001



**The Presidential Active Lifestyle Award (PALA)** is a program that shows how to make and keep a commitment to staying active. It helps you set realistic goals to encourage regular physical activity for a lifetime. This program is for those who are not already active on a regular basis. This program was established in 2001 and was designed to get adults active for at least 30 minutes a day, five days a week, for six weeks or for youth under 18 at least 60 minutes a day, five days a week, for six weeks.

## How to Get Started

### 1. Choose an activity.

You can take the Challenge by yourself or together with friends and family. Choose activities that you enjoy and that make you feel good. For

example, it could be walking, taking an exercise class, playing a sport, or doing chores around the house.

## 2. Get active.

You need to meet your daily activity goal (30 minutes a day for adults/60 minutes a day for youth under 18) at least 5 days per week, for a total of 6 weeks. You can take up to 8 weeks to complete the program.

## 3. Track your activity.

The online activity log makes it easy for you to track the time you spend on activities. You can log your time as often as you want, in increments as short as five minutes. Below is an example of an activity log. It is similar to the one you use for this course. You can keep track of your progress on paper by making your own log like the one below.

Active Lifestyle Log Example:		
Week 1	Activities	# Minutes or Pedometer Steps
Monday	Rode Bicycle, Skate Board, PE Class	70
Tuesday	Pedometer	12,050
Wednesday	Dance Lessons, walk the Dog, Recess	75
Thursday	Pedometer	11,177
Friday	Roller Blading, Street Hockey, PE Class	65
Saturday	Scooter Riding, Soccer	75
Sunday	Went to Park w/family, Karate Lessons	60
Participant Signature		Date
Other activities that count might include any teams that you play on, activities in physical education class or at recess, active games with your friends, or any other activity that takes effort.		
This activity log can be downloaded from the President's Challenge Web site at <a href="http://www.presidentschallenge.org">www.presidentschallenge.org</a> .		

You can also log on to the website [www.presidentschallenge.org](http://www.presidentschallenge.org). Click Teens > Active Lifestyle > My Activity Log > How to Track your Progress > Activity Log Form to keep track of your activities on line.

You can also click here to download the [Activity Log Form](#) as a [PDF Document](#).

#### 4. Earn your award.

Whenever you reach a goal, the *Active Lifestyle* program recognizes your accomplishment with special awards. Awards are available online or by mail, fax, or phone. You can then continue earning awards in the *Active Lifestyle* program or move on to the next challenge, the *Presidential Champions* program. Everybody in the *Active Lifestyle* program can choose the activities they like doing. Whether it's at home, at school, on a sports team, alone, or with friends and family, you can choose activities that are fun and make you feel good. Below is an example an Active Lifestyle Log.

### Presidential Champions Program (Online Only)

- Established in 2003

The *Presidential Champions Program* recognizes your accomplishments with special awards. The first goal to aim for is a **Bronze Award**. Then you can keep going by earning a **Silver Award** and a **Gold Award**. Awards are available online, or by mail, phone, or fax. You'll find all the program details online at [www.presidentschallenge.org](http://www.presidentschallenge.org). This program is designed so that you earn points for the activities that you do. The *Presidential Champions Program* is for adults who are active more than 30 minutes a day, 5 days per week (or more than 60 minutes a day for youth under 18). There's even a special track for athletes and others who train at more advanced levels.

Presidential Champions Awards		
Gold Award	Silver Award	Bronze Award
The <b>Gold Award</b> is for anyone who earns <b>80,000</b> points in the Presidential Champions Program.	The <b>Silver Award</b> is for anyone who earns <b>45,000</b> points in the Presidential Champions Program.	The <b>Bronze Award</b> is for anyone who earns <b>20,000</b> points in the Presidential Champions Program.



You can join the Presidential Champions Program online [www.presidentschallenge.org](http://www.presidentschallenge.org). Click Teens > Sign me up. Taking part in the program takes just a few simple steps:

### 1. Choose an activity.

Select activities that you enjoy and make you feel good. For example, you could go running, walk the dog, or participate in martial arts. You can take the Challenge by yourself or together with friends and family.

### 2. Get active.

Your goal is to see how many points you can earn by being active. You'll earn points for every activity you log. Points are based on the amount of energy each activity burns. So the more active you are, the more points you'll get.

### 3. Track your activity.

The online activity log makes it easy for you to track the time you spend on activities. You can log your time as often as you want, in amounts as short as 5 minutes. Although you can't log time for activities you haven't done yet, you can go back up to 14 days to enter past activities.

### 4. Earn your award.

The Presidential Champions program recognizes your accomplishments with special awards. The first goal should be a **Bronze Award**. Then you can keep going for **Silver** and **Gold**. Awards are available online or by mail, phone, or fax. Remember, you'll find all the program details (including how many points are needed for each award level) online at [www.presidentschallenge.org](http://www.presidentschallenge.org).



## Health Fitness Award

- Established in 1966



Another program within the President's Challenge is the **Health Fitness Award** (HFA). This award is very similar to the Presidential Physical Fitness Award and can be achieved if you reach the scores for your age group on the chart below. By reaching these scores you will have attained "a healthy level of fitness". Most of the events of the **Health Fitness Award** are the same as the physical fitness test, with the addition of a measure of body fat, the Body Mass Index (BMI). You may need to refer back to the previous unit "*Pre-Test Part 2 Presidential Fitness Test*" which explains how to calculate your BMI. Or, to make things easier, you may figure out your BMI online at [www.presidentschallenge.org/tools\\_to\\_help/bmi.aspx](http://www.presidentschallenge.org/tools_to_help/bmi.aspx).

### The following items make up the Health Fitness Award:

1. Partial Curl-Ups
2. One Mile Run/Walk (or the appropriate distance options for age)
3. V-Sit Reach or the Sit and Reach option
4. Right Angle Push-Ups or the Pull-Up option
5. Body Mass Index (BMI)

Below are the **Health Fitness Award Standards**. You will need to refer back to this chart in the question part of this unit.

## Health Fitness Award Standards

	Age	Partial Curl-Ups (#)	One-Mile Run (min:sec)	Distance Option		V-Sit Reach (inches)	Sit and Reach (cm)	Rt. Angle Push-Ups (#)	Pull-Ups (#)	BMI (range)
				OR 1/4 mile (min:sec)	1/2 mile (min:sec)					
BOYS	6	12	13:00	2:30		1	21	3	1	13.3-19.5
	7	12	12:00	2:20		1	21	4	1	13.3-19.5
	8	15	11:00		4:45	1	21	5	1	13.4-20.5
	9	15	10:00		4:35	1	21	6	1	13.7-21.4
	10	20	9:30			1	21	7	1	14.0-22.5
	11	20	9:00			1	21	8	2	14.0-23.7
	12	20	9:00			1	21	9	2	14.8-24.1
	13	25	8:00			1	21	10	2	15.4-24.7
	14	25	8:00			1	21	12	3	16.1-25.4
	15	30	7:30			1	21	14	4	16.6-26.4
16	30	7:30			1	21	16	5	17.2-26.8	
17	30	7:30			1	21	18	6	17.7-27.5	
GIRLS	6	12	13:00	2:50		2	23	3	1	13.1-19.6
	7	12	12:00	2:40		2	23	4	1	13.1-19.6
	8	15	11:00		5:35	2	23	5	1	13.2-20.7
	9	15	10:00		5:25	2	23	6	1	13.5-21.4
	10	20	10:00			2	23	7	1	13.8-22.5
	11	20	10:00			2	23	7	1	14.1-23.2
	12	20	10:30			2	23	8	1	14.7-24.2
	13	25	10:30			3	25	7	1	15.5-25.3
	14	25	10:30			3	25	7	1	16.2-25.3
	15	30	10:00			3	25	7	1	16.6-26.5
	16	30	10:00			3	25	7	1	16.8-26.5
17	30	10:00			3	25	7	1	17.1-26.9	

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

## Why Stay Active?

Your well-being depends on it. You will look and feel better, and you will have a greater positive outlook on life. That's important! When you make staying active part of your daily life, you will have more energy; you will be a better person and a better student. Remember, it's never too late to become active.